

b) A slender/thin, flexible, blade-like metal “stay” (as in ‘to stiffen) possible spring-aluminum alloy and/or PVC mixture, about the depth of from one eighth to one sixteenth inch, just under the approximate length/width of each finger of said glove, one (1) inserted over and one (1) inserted under each digit of each glove (sheathed within the glove material) and each with a calibrated strength of flexibility ratio coordination/in accord with each finger/thumb..

c) An additional square-like insertion into and within material of a thin/slender, flexible metal alloy spring-stay situated from inside palm area of glove from fingers base right/left to approximately one quarter inch from each inside/side of hand down to approximately one half inch down and across from inside thumb connection to base of inside hand with total size approximation being/is about 3-4 inches square.

2. A method of providing an apparatus of a hand exerciser that renders multiple resistance levels for adapting to the strength level of different users and to the increasing strength level of a user exercising with the glove/hand exerciser.

a.) There will be/are a minimum of three (3) separate/different sets of gloves, one-size-fits-all, that coordinate toward the exponential increase of strength by the user, i.e., starting with "Beginner" level to "Veteran" level to "Herculean" level.

b.) In addition, each digit metal insertion, including thumb insertion, will have multiple varying degrees of flexibility coordinated with said metal sheathed insertions and depending on the size and locations of each of the fingers and sheathed metals in question.

3. A method of providing an apparatus of a hand exerciser in the form of a glove that allows for special models to be fitted with individual flexible-spring “knuckle stays” sheathed appropriately over each individual knuckle within the material of the glove so that additional resistance may be obtain; thus obtaining additional strength.

4. A method of providing an apparatus of a hand exerciser in the form of a glove that allows for special models to be fitted with what is termed a "Flex-Cuff" which is an adjustable, flexible, spring-like, metal hoop device sheathed within an extended/elongated section of "The Glove" and encapsulates the total wrist area allowing for a full motion of varying.

 5. A method of integrating within and throughout the entirety of **the glove** - varying "hinged-gradient -meshed" aluminum alloyed - ribbed chain-male-like coagulation with the complete glove itself made of one eighth to one sixteenth width/depth aluminum and/or PVC and/or combination alloy material being pressure/muscle/movement resistant to both the opening and closing of the hand
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